

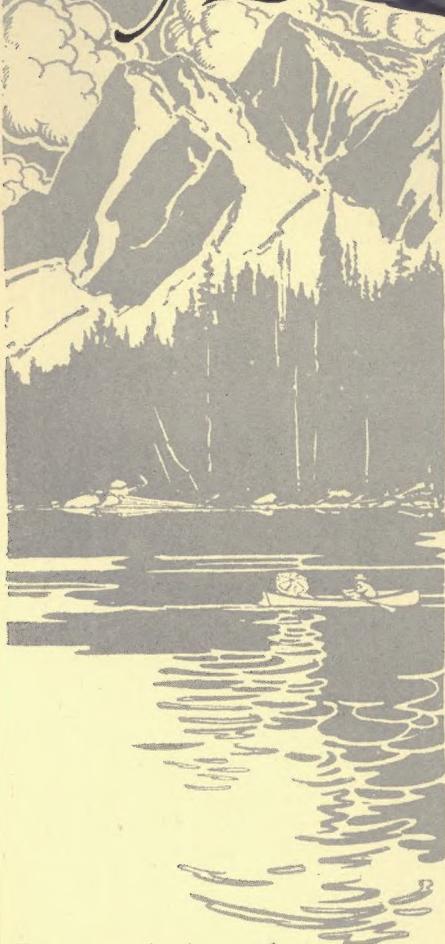
# *The* CHALLENGE *of the* MOUNTAINS



I S S U E D B Y T H E  
CANADIAN PACIFIC RAILWAY



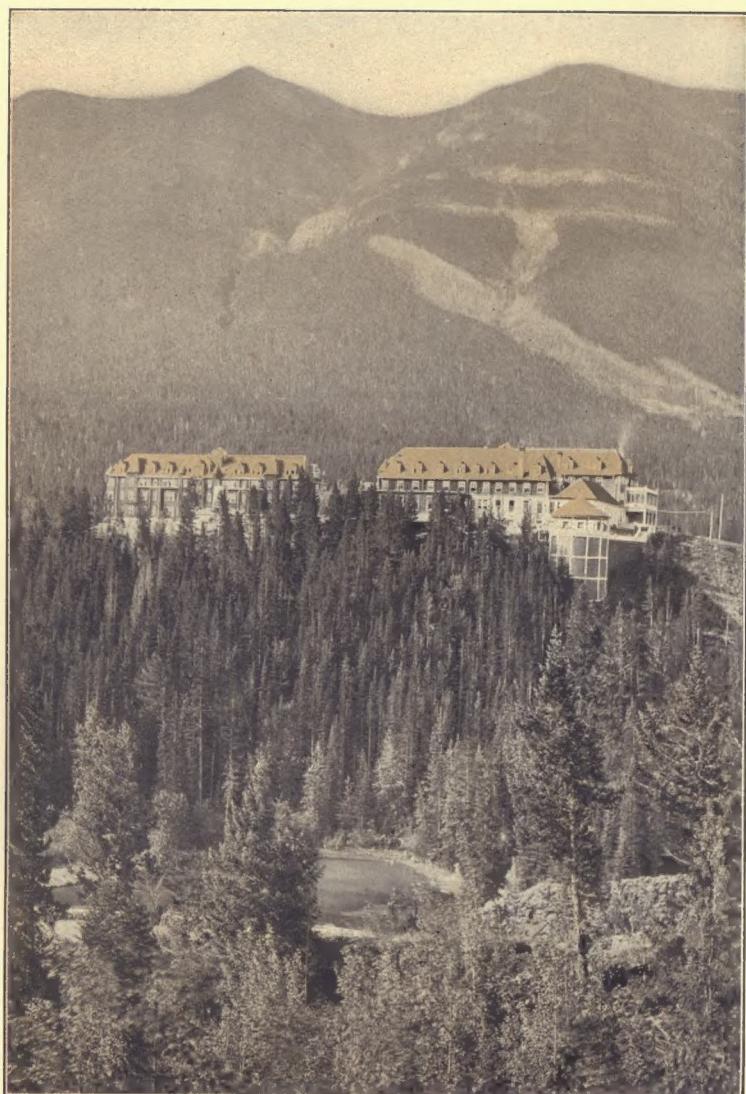
# The Challenge of the Mountains



Issued by the  
**Canadian  
Pacific  
Railway**

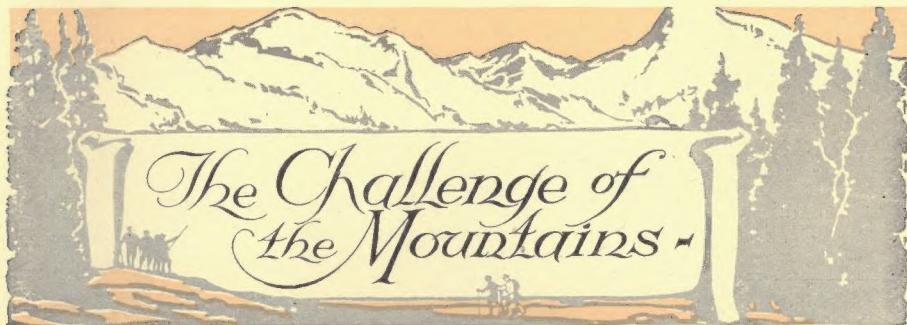
"The  
Canadian Rockies  
- the Playground  
of America"





Banff Springs Hotel, Banff, Alberta  
Canadian Pacific Hotel System





THE Government of Canada has reserved an immense tract of over 5,700 square miles in the most beautiful part of the Canadian Rocky and Selkirk Mountains as a great National Park which is intended to be preserved for all time as a playground for the people, a peerless attraction for tourists and visitors, and a health resort of the highest and most beneficial character. Its magnificent scenery baffles description; the climate conditions are ideal for recreation and enjoyment. It is a land of giant glacier-crowned mountain peaks, sparkling streams, mirrored lakes, virgin forests and verdant valleys. Its accessibility from any section of the country is a very important factor of its popularity. At a



The Gap, or Eastern Entrance to Canadian Rocky Mountains

## THE CHALLENGE OF THE MOUNTAINS

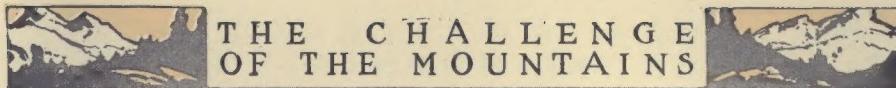


Swiss Guides are employed to assist Mountain Climbers in Canadian Rocky Mountains

number of the principal points of interest the Canadian Pacific Railway has erected charming chalets or hotels, each equally noted for its beauty of location, comfort and service.

Thousands of people from all parts of the world visit these resorts annually. The Canadian Pacific Railway line above all others merits the much-used description, "The scenic line of the world." From Calgary to Vancouver, a distance of six hundred and forty-two miles, the beauty and grandeur of the scenery is continuous. It is doubtful if any other railway in the world has a run of this distance with such remarkable attractions. That "there is not a dull or uninteresting minute all the way" is the opinion of all who have made the journey.

The New York "Tribune" says: "It is not generally known that within four days' journey of New York City there are waiting for the sightseer and scientific investigator some of the grandest and most impressive glacial 'streams' in the world. Nothing in Switzerland is to be found more beautiful than the glaciers of the Canadian Rockies and Selkirks, and one of the chief attractions of



## THE CHALLENGE OF THE MOUNTAINS

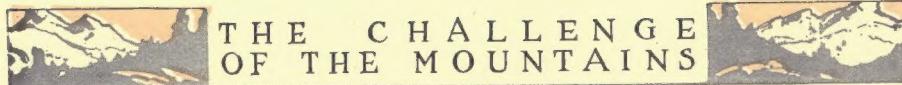


Three Sisters, near Canmore, Canadian Rocky Mountains

the trip is the fact that one may journey there and back in civilized luxury, and while enjoying the scenes, at the very 'noses' of the wonderful glaciers themselves, may be comfortable and remain in close touch with the world."

Only one regret is expressed by visitors, and that is when they have allowed themselves too little time to see this charming country. A stay of at least several days should be made at each of the resorts, in order to fully appreciate the magnificence of the surrounding mountains, which should be viewed under the various atmospheric conditions. The wonderful changes in light and shadow, and the glories of sunrise and sunset in the Canadian Rockies, are things never to be forgotten. Unfortunately, the average tourist is all too prone to stop over only between trains and thus catch but a hurried glance of these glorious peaks, which is regrettable, inasmuch as frequently the greater beauty is missed entirely, though many thousands claim that travelling through these mountains without leaving the train has been the most enjoyable event and the greatest scenic treat of their lives.

When travelling westward the Rockies are visible for some time before Calgary is reached; mightier and mightier they appear until



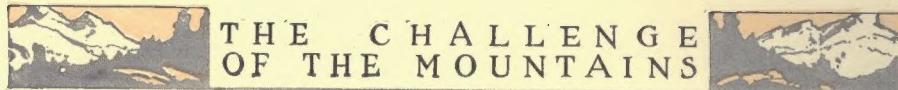
## THE CHALLENGE OF THE MOUNTAINS



Main Street, Banff, in the Canadian National Park

The Gap, which is the Eastern entrance to this mountain world, is reached. Here the track takes a sharp turn and on either side looms skyward the glorious peaks, and the passenger realizes that he has reached nature's wonderland. Beside the track rushing eastward to irrigate the prairies is the Bow River. Exshaw, the cement town, is passed; then the Three Sisters, a trinity of noble peaks, are seen. Immovable the Three Sisters stand, beautiful in their purity, peaceful in their solitude, steadfast in their guard. Like sentinels apart from their compeers, they seem to the traveller to hold eternal watch and ward over the wonders of the marvellous region through which he is to pass.

Cascade Mountain is a few miles away from the railway track. At its base are the anthracite mines of Bankhead, operated by the Canadian Pacific Railway Company, which supply the country from Winnipeg to Vancouver with hard coal. The powers of the eye are greatly increased, and, to one fresh from the plains, things yet afar off appear quite near. However, the traveller gradually understands his mistake, and the track, following the course of the Bow River, turns sharply to the west just as the lowest spurs are



## THE CHALLENGE OF THE MOUNTAINS

reached, and arrives at Banff, the Beautiful, the gateway to the Canadian National Park.

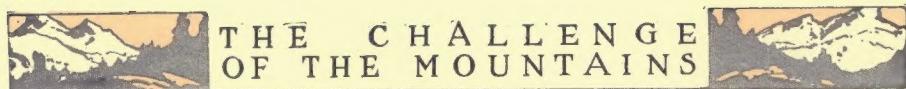
The town of Banff, the business centre of the Rocky Mountains Park, and the chief objective point for tourists, is an up-to-date little town of close to one thousand permanent residents, which is generally increased to about eighteen hundred or over during the summer months.

Eight excellent hotels and six livery barns well supplied with saddle horses and carriages cater to the tourists and other trade for trips to the many points of interest to which roads and trails lead from the town. Outfitting stores of all kinds furnish supplies to the residents or camping parties at reasonable prices.



Banff Springs Hotel and Bow River Valley

Located on the south bank of the Bow River near the mouth of the Spray, the Banff Springs Hotel, of the Canadian Pacific Hotel System, commands a view perhaps unrivalled in America. In the refinement of its appointments and the completeness of detail marking the whole establishment, this splendid hotel ranks among the finest summer hotels to be found anywhere. The excellence of the cuisine—a characteristic of the Canadian Pacific service—is enhanced by the magnificent outlook down the Bow River Valley. This hotel has each season an increasing number of guests who are attracted by the wonderful scenery, invigorating atmosphere and excellent service. Banff is without a peer as a holiday resort.



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Feeding the Bears at Banff

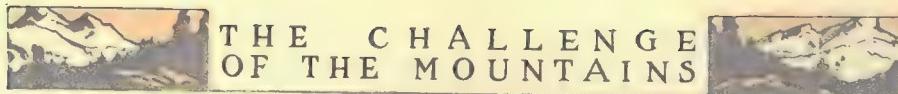
has been called by appreciative visitors "The University in the Hills."

The animal cages, near the Banff Museum, are a source of pleasure to young and old.

The Banff Museum contains splendidly preserved specimens of the big game and lesser mammals, the fish life, and bird life, to be found within the Park; a beautifully mounted and correctly classified herbarium is also here. Indian relics are shown and specimens of Indian workmanship of more than ordinary interest. To the botanist, the geologist, and the naturalist, the Museum is the central point of interest throughout the summer season, and the exhibits attract the layman as well as the man of science. The Banff Museum



Animal Cages, Banff



## THE CHALLENGE OF THE MOUNTAINS



The Basin, one of Banff's Swimming Pools

### The Cave and Basin

A delightful drive for about a mile up the valley of the Bow River, along a winding road between tall pines at the base of Sulphur Mountain, leads to the Cave and Basin.

The cave itself is covered in by a natural roof of rock and is fed by water from the springs still higher up the mountains. It is not much larger than a good-sized room, but the curious deposits of sulphur about its roof and wall make it well worth a visit. Adjoining it is a natural basin, at which the Government has erected bathing houses, and so popular is this resort that almost any hour of the day can be heard the splash of the waters and the joyous shouts of the bathers.

It may be of interest to give an analysis of the hot sulphur water in Banff's hot springs.



Bow River Falls, Banff

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The Observatory, top of Sulphur Mountains, Banff

Mr. McGill, assistant analyst of the Canadian Government, reports:

"The dissolved solids are as follows:—

Chlorine (in chlorides) ..	0.42 grains.
Sulphuric Acid ( $\text{SO}_3$ ) ..	38.50 "
Silica ( $\text{SiO}_2$ ) .....	2.31 "
Lime ( $\text{CaO}$ ) .....	24.85 "
Magnesia ( $\text{MgO}$ ) .....	4.87 "
Alkalies (as Soda, $\text{Na}_2\text{O}$ )	0.62 "
Lithium.....	A decided trace.

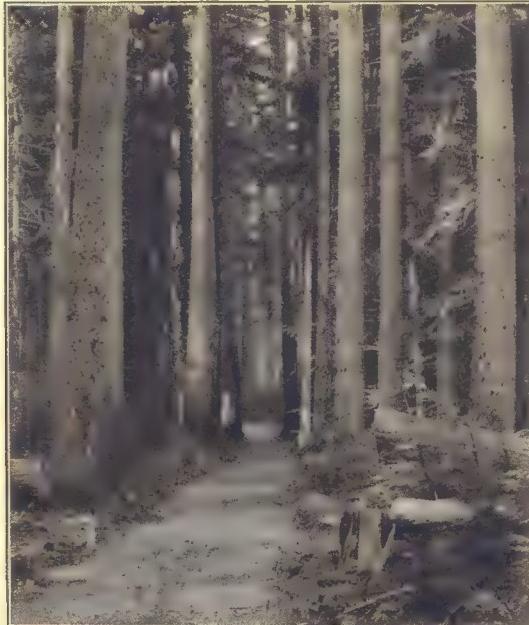
"The temperature of the spring is 114.3 degrees Fahrenheit."

The Banff Hot Springs undoubtedly possess wonderful curative value for rheumatic and kindred ailments and the cures recorded almost stagger belief.

## The Aviary

The eight varieties of pheasants are exceedingly interesting. They include Japanese Golden, Japanese Copper, Mongolians, English Silver, English Ring-necks, Prince of Wales, Rieves, Lady Amherst and Common.

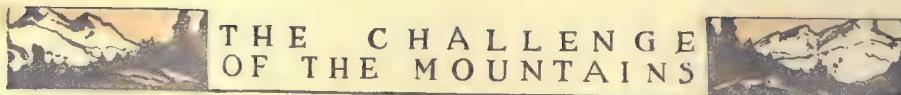
The eagle cage is a great attraction, and the very fine specimens are a source of attraction to all visitors. Many other specimens of the birds to be found in the Park are interesting, especially to the young people.



Path through the Woods at Banff

## The Fauna of the Park

A band of nearly one hundred buffalo, relics of the countless thousands which swarmed over the great central plains



## THE CHALLENGE OF THE MOUNTAINS

of North America until swept away by the tide of civilization, occupy a park near the town and railway station. With them are a number of elk and moose, the grandest and most beautiful of the deer family, together with many other specimens of the wild life of the northern plains and woods, living in their natural state and in surroundings which add to the charm and interest of their presence.

### The Flora of the Park

A large number of botanical students have visited the park and have been greatly attracted by the profusion and variety of the flora found here. There is no place on the continent which offers a greater field for botanical research, as the wild flowers to be found in different parts of the park include almost every known species.



Canyon, near Banff



Buffalo at Banff



## THE CHALLENGE OF THE MOUNTAINS



Hoodoos or Natural Concrete Pillars, near Banff

Banff the Beautiful is an alliteration that is not misapplied, and to appreciate the appropriateness of the title, drive or walk up Tunnel Mountain, 1,000 feet over the valley, and the view will never be forgotten.

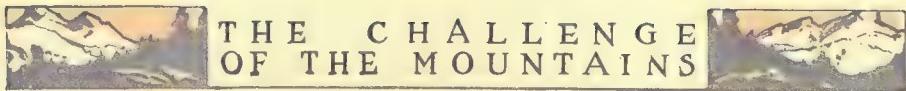
The Hoodoos, or natural concrete pillars, are an interesting, freakish, natural formation, which are attractive because of their various shapes and sizes.

The Loop is a beautiful drive around the Bow Valley in full view of Bow Falls—distance about seven miles—skirting the base of Mount Rundle, to the banks of the Bow River.

Another one of the sights that is sure to claim early attention from the visitors is the Bow Falls, situated beneath the Banff Springs



Banff has many pretty Drives



## THE CHALLENGE OF THE MOUNTAINS

Hotel. Churned to the whiteness like that of milk, the river roars and hisses through the trench it has worn at the base of Tunnel Mountain, leaps down to small ledges, and then hurls itself, a stream eighty feet wide, in a deafening cataract of wonderful beauty. It is not, of course, comparable with the Falls of Niagara or the Yellowstone, but among the lesser falls of the continent it has few rivals.

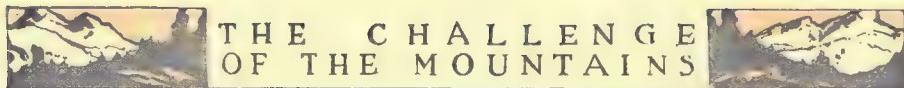
Banff unites to a wonderful degree health and pleasure—in fact, it is impossible there to seek the one without finding the other. For if you go because of the condition of your health invariably you will find pleasure without any effort on your part, and another singular feature of this resort is that time flies at Banff as it does nowhere on the continent. Only those who have visited Banff can form an idea how truly grand the scenery is; and only those who have tried to gain the summit of the lofty peaks that rake the clouds in every direction, can estimate their height.

A story is told in Banff of a visitor who made a wager he could walk to the Observatory on Sulphur Mountain in two hours. Much to the astonishment of himself, and the merriment of his friends, he succeeded in making that point in four hours, which illustrates how deceptive are distances at this altitude.

There are many delightful walks in the vicinity of Banff along the banks of the Bow and Spray Rivers, and also to the many attractive points in the mountains.



Boathouses on Bow River, Banff



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Lake Minnewanka, near Banff

### Lake Minnewanka

Distance nine miles from Banff, the drive skirting Cascade Mountain and following Devil's Head River until the precipitous sides of Devil's Head Canyon are crossed by a rustic bridge. The lake is sixteen miles long, with a width of from one to two miles. On it is placed a launch, which can be chartered by visitors at the rate of \$1.00 per head for parties of five or over. The sail usually occupies three hours. Fishing tackle, boats, etc., may be procured, this being a favorite resort for anglers. A cluster of Hoodoos (natural concrete pillars) and the Devil's Gap, on the way to Ghost River, are amongst the points of interest in this locality.

### Attractions at Banff

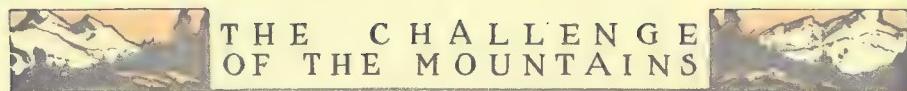
It is simply impossible to properly enumerate the many attractions of this delightful spot. The carriage drives along excellent roads, with new beauties of scenery unfolding on every side, are delightful. Banff must be visited to be appreciated.



**T**HIRTY-FOUR miles westward from Banff is Laggan (the station for Lake Louise and Lakes in the Clouds). Two and a half miles from the station by a fine carriage road is Lake Louise (altitude 5,645 feet)—the most winsome spot in the Canadian Rockies. Of the beauty of this remarkable lake there is no divided opinion; every visitor to its shores sings its praises and it is acknowledged by the most competent judges to be one of the great masterpieces in Nature's picture gallery. As a gem of composition and coloring it has no rival. At every hour of the day the view is ever changing with the shadows. This is especially true of the early morning and evening hours. Walter Dwight Wilcox, F. R. G. S., in his charming book, "The Rockies of Canada," describes the colorings of Lake Louise as follows: "It is impossible to tell or paint the beautiful colors, the kaleidoscopic change of light and shade under



Laggan, the Station for Lake Louise



THE CHALLENGE  
OF THE MOUNTAINS



The beautiful path around Lake Louise



Lake Louise, the peerless gem of the Canadian Rockies



## THE CHALLENGE OF THE MOUNTAINS



Lake Louise Chalet  
Canadian Pacific Hotel System

such conditions. They are so exquisite that we refuse to believe them even in their presence; so subtle in change, so infinite in variety, that memory fails to recall their varying moods. I have seen twenty shades of green and several of blue in the waters of Lake Louise at one time." It is the most perfect picture in the vast gallery of Nature's masterpieces.

### Lake Louise Chalet

Charmingly situated on the very verge of the water in the midst of the evergreen wood, the Canadian Pacific Railway has built a lovely chalet, which has since been enlarged to a great hotel. It is open from June to September, and its Swiss guides, horses and packers can be hired for excursions near or far. It affords most comfortable accommodation and conveyances to meet every train. The rates are \$3.50 a day upward on the American plan. Telephonic communication exists between the station and the chalet and telegrams may be sent to any part of the world.

The growth of interest in this wonderful region has been very rapid. A few years ago, about 1890, a small log house was sufficient to accommodate the visitors who came to pay homage to the matchless



## THE CHALLENGE OF THE MOUNTAINS



On the trail to the Lakes in the Clouds

scenery of Lake Louise. Each year brought people from all parts of the earth in increasing numbers, and every season the accommodation had to be increased, and the little house was soon replaced by a larger building, wings have been added, remodelling has taken place and today is seen the splendid Chalet with all its modern equipment for the comfort of guests.

Lake Louise lies at an elevation of 5,645 feet, and is shut in on every side by rocky, snow-capped heights, offering a picture of perfect peace. Mr. Edward Whymper has compared it to Lake Oeshinen, in Switzerland, but has declared it "is more picturesque



View showing Lakes Louise, Mirror and Agnes



## THE CHALLENGE OF THE MOUNTAINS



The Saddle Back, showing Paradise Valley, Mount Lefroy and Mount Temple

and has more magnificent environments." It is about a mile and a half long and a half a mile broad, while its depth is over 200 feet.

Two miles across the boulder-covered glacier lake there begins to rise southward the forefront of the great glaciers. Thence the ice slants away upwards until it reaches a depth of possibly five hundred feet of solid blue and green, to where it is fed by continuous avalanches from the endless groups of enormous heights beyond. At the upper end of this brow rises a stern black wall to a height of fully half a mile, over which the avalanches thunder. This wall



Giant Stairway, Paradise Valley



## THE CHALLENGE OF THE MOUNTAINS



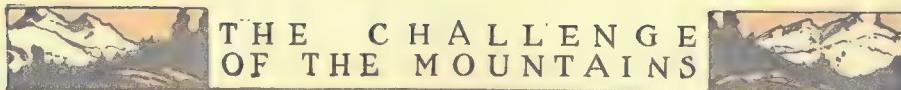
On the roof of the Continent of America near Lake Louise

is five miles away, yet looks to be but one, because of the clearness of the atmosphere.

Above this black avalanche-wall there gradually rises, like the roof of the universe, the pure white snow field on Mount Victoria to a height of ten or twelve thousand feet. Joining with Victoria in forming this ice field are the towering heights of Lefroy, Beehive, Whyte, Niblock, St. Piran, Castle Crags, and many other lofty peaks. To the east an upright mountain forms a perpendicular wall of several thousand feet. Among the many attractions are the

### Lakes in the Clouds

Mirror Lake is another beautiful gem. It has no visible outlet, the waters escaping through an underground channel to Lake Louise, 1,000 feet below. The waters of this lake rise or fall as the inflowing stream pours its flood into the lake more or less rapidly than they are carried off. Lake Agnes, another of the Lakes in the Clouds, is situated amid scenes of the wildest beauty. On the side like sentinels, stand Mounts Whyte and Niblock, grim and silent; and the irregular peaks running back tell of violent eruption in that great and terrible day of upheaval far back in the misty ages of the earth's infancy. A little way down the valley Nature smiles, not broadly, but none the less sweetly; for here among the mosses are found the forget-me-nots, the wood anemones, the blue bells of the Scottish Highlands, the ferns, the Alpine eidelweiss (the bridal flower of the Swiss mountaineer) and the heather, that reminds the



## THE CHALLENGE OF THE MOUNTAINS

sons and daughters of Bonnie Scotland of their native hills. It is an Alpine garden, and the eternal hills seem worthy guardians of this spot of peerless beauty.

### Mountain Climbing in Canada

The Alpine Club of Canada has done much to popularize mountain climbing in the Canadian Rockies and Selkirks by their annual camps. Many representatives from various other clubs frequently visit Lake Louise and the other mountain resorts, where every opportunity is afforded to enjoy this invigorating and beneficial form of recreation. The Canadian Alpine Club traces its first impulse back through twenty-four years, as far as the day when Sir Sandford Fleming, his son, and Principal Grant, of Queen's University, with their party and pack-train, came out from the difficult forest trail and camped on the meadow at Rogers' Pass. Inspired by the mountain prospect, they resolved themselves into an Alpine Club and drank to the club's success from the stream at their feet. The Canadian Alpine Club is fortunate in having Sir Sandford Fleming as its patron. Lake Louise offers a high test to mountaineering skill.



Scene from the railway near Laggan



## THE CHALLENGE OF THE MOUNTAINS

### Paradise Valley

To the east of Laggan run two mountain valleys, both of which are noted for their exquisite scenery. Paradise Valley, the nearer to Lake Louise, lies between Mount Sheol and Mount Temple, while the Valley of Ten Peaks, as its name implies, is lined by ten great peaks, and holds at its head Moraine Lake.

Its entrance to Paradise Valley is under the shadows of Mount Sheol, that rises to nearly 10,000 feet. The traveller, as he gazes into the valley spread at his very feet, cannot but be struck by the wondrous beauty laid out before him, and the immensity of the



Lake Hector, near Lake Louise



Mountain Climbing in the Canadian Rocky Mountains

scale and the perfection of the symmetry of Nature's work.

The valley of the Ten Peaks extends parallel to Paradise Valley on the other side of Mount Temple. In it is Moraine Lake, two miles long and a half mile wide, in which there is trout fishing. The Government has recently constructed a special carriage road from Lake Louise to Moraine Lake.

The names of many famous men have been associated with mountain climbing. Tyndall and Leslie Stephen wrote delightful accounts of the achievements and joys of arduous ascents. Ruskin was converted to the use of Alpine climbs, and wrote that "the pure and holy hills should be treated as



## THE CHALLENGE OF THE MOUNTAINS

a link between earth and heaven." Honorable James Bryce, British Ambassador at Washington, was the first since Noah, it is said, to make an ascent of Mount Ararat.

There is some quality, in short, of remoteness and effort, of aiming at some distant goal which can be attained only by mastery of one's self and the fastnesses of nature, that exercises an irresistible fascination in the case of resolute and well-endowed persons.

"Mountain climbing is not a dangerous pastime, but a beneficial recreation which has no age limit, and within proper limitations is conducive to health and an aid to digestion."—*Dr. J. C. Yonge, N. Y.*

"Climbing the mountains around Lake Louise has been to me a revelation of the beauties of Nature, and an interesting and exhilarating form of exercise; as a result I shall return to my labors with renewed vigor."—*Rev. J. S. Smith, London.*

"Mountain climbing lifts the soul to closer contact with the Divine Creator whose eternal love has given us these wondrous beauties to enjoy."—*Rev. J. Outram.*



Moraine Lake and Valley of the Ten Peaks, near Lake Louise



## THE CHALLENGE OF THE MOUNTAINS

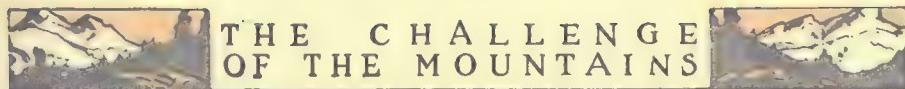


The Great Divide, where the waters flow eastward and westward

Cathedral Mountain, 10,204 feet high, rises on the south side of the track, just before Field is reached. It is happily named, for its summit bears a wonderful resemblance to some noble ruin of Gothic architecture. From the very verge of the rise, where the gradual slope has given place to a precipice, springs a great crag, like the shattered tower of a cathedral.

A great glacier has found its way down the heights at the head of the lake and has forced its course between and around the peaks. For a third of the distance from the lake to the summit the ice is entirely covered by a picturesque mass of rocks, piled in such disorder as chance directed the ice should have them. It is a picturesque and awe-inspiring sight, the effect of which is magnificent in the extreme.

Between Hector, near the summit of the Rockies, and Field, at the base of Mount Stephen, one of the greatest engineering feats of this century has just been completed. To reduce the steep grade on the western slope of the Rockies, the line has been lengthened

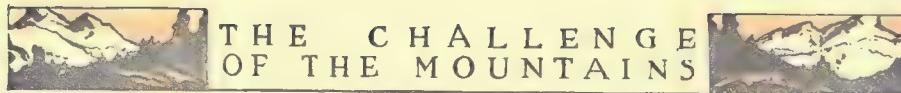


## THE CHALLENGE OF THE MOUNTAINS

from a little over four miles to eight and one-fifth miles, or in other words, the grade on this portion of the line is reduced about one-half and the road is made twice as long. The new line has two spiral tunnels driven through solid rock—one 2,912 feet and the other 3,184 feet in length. Each spiral tunnel, with approaches, makes a complete loop of track. A short, straight tunnel completes this immense work, which was carried through at a cost of nearly a million



Spiral Tunnels, showing Mount Stephen



## THE CHALLENGE OF THE MOUNTAINS

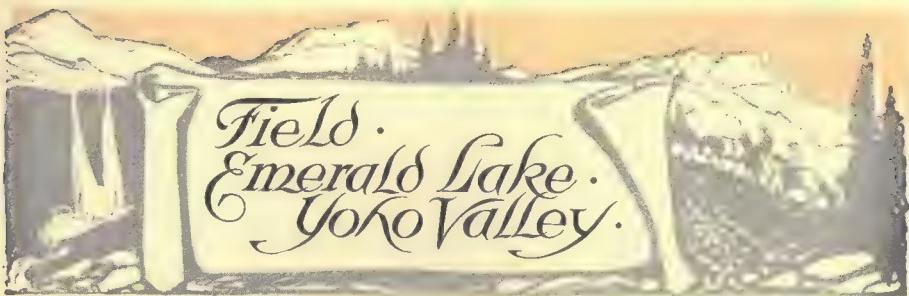


Spiral Tunnels near Field, B. C., showing Mount Watpa

and a half dollars. This new construction not only reduces a heavy grade, but adds greatly to the scenic effects to be obtained from the passing trains. On the higher track excellent vistas are afforded of the Yoho Valley, lying to the north, and from the lower track Cathedral Mountain and Mount Stephen stand out in bold relief in all their immensity and grandeur.

Six miles from Laggan the summit of the Rockies is reached, and the Great Divide is passed, 5,296 feet above sea level. It is marked by a rustic arch spanning a stream, under which the waters divide by one of those curious freaks with which nature occasionally diverts herself. For the two little brooks have curiously different fates, though they have a common origin. The waters that deviate to the east eventually mingle with the ice-cold tides of Hudson Bay, while the rivulet that turns to the west adds its mite to the volume of the Pacific.

Stephen, the most elevated station on the Canadian Pacific Railway line, takes its name from the first president of the company, Lord Mount Stephen, while the next on the westward slope, Hector, recalls Sir James Hector.



AT Field the Kicking Horse River for a short distance flows across broad, level flats, that are only covered when the water is high. The place itself is a prosperous little village, but is dwarfed into insignificance by the splendid mountains that hem it in. On one side is Mount Burgess; on the other Mount Stephen, one of the grandest of all the Rockies. Field is the gateway of the wonderful Yoho Valley, and the headquarters for mountaineers of the more ambitious type. Here is located the spacious and comfortable Mount Stephen House of the Canadian Pacific Hotel System.



Mount Stephen House, Field, B. C.  
Canadian Pacific Hotel System



## THE CHALLENGE OF THE MOUNTAINS



Field, Kicking Horse River, and Mount Stephen



Snow Peak Avenue  
Road to Emerald Lake from Field

This Hotel enjoys a splendid reputation for its service, and guests will find here one of the most interesting and enjoyable resorts in the mountains.

Looking from the shoulder of Mount Burgess or Mount Stephen the valley seems narrow, the river a mere stream, and the dwellings in the village dolls' houses. From below Mount Stephen fills all the view; so rounded, so symmetrical, the spectator hardly realizes at first that he has before him a rock mass towering 10,000 feet above sea level and 6,500 feet above the valley.

Swiss guides are stationed at the hotel, and will help



## THE CHALLENGE OF THE MOUNTAINS



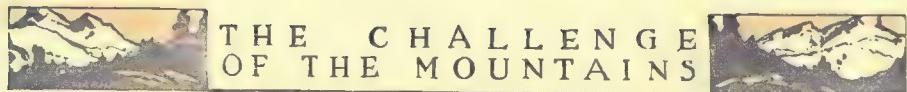
Emerald Lake Chalet  
Canadian Pacific Hotel System

the ambitious in climbing the heights. The lower slopes of the mountain have one spot well worth visiting, the fossil bed, where for 150 yards the side of the mountain, for a height of 300 or 400 feet, has slid forward and broken into a number of shaly, shelving limestone slabs, exposing innumerable fossils.

From Field is a delightful drive of seven miles round the spurs of Mount Burgess to the beautiful Emerald Lake. The road leads through a splendid spruce forest. In one place the road has been cut straight as an arrow for a mile in length. Snow Peak Avenue this stretch is called. At Emerald Lake is a charming chalet operated by the Canadian Pacific Railway, where tourists may find excellent accommodation at the very entrance to the wonderful Yoho Valley.



Natural Bridge, near Field, B. C.



## THE CHALLENGE OF THE MOUNTAINS



Emerald Lake

### The Natural Bridge

One of the most interesting of the short excursions to be made from Field is a walk of two and a half miles to the Natural Bridge, spanning the Kicking Horse River. This bridge was formed by the action of the water of the river itself on the soft limestone rock.

Emerald Lake is one of the most fascinating spots in this wonderful mountain region. Replete with lovely pictures, the coloring of Emerald Lake is rich and vivid, the contrast between the water and the trees being very striking.



Emerald Lake, from balcony of Chalet



## THE CHALLENGE OF THE MOUNTAINS



Riding Party starting from Emerald Lake Chalet for Yoho Valley

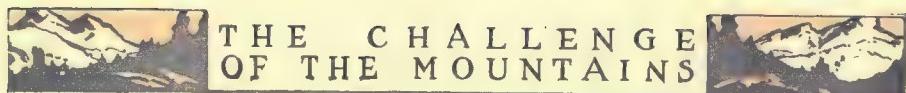
### The Yoho Valley

Emerald Lake is half way to the Yoho Valley, one of the most beautiful mountain valleys in the world.

It is a most delightful experience to ride from Emerald Lake through the Yoho Valley and stay at the comfortable camps provided by the Canadian Pacific Railway Company for tourists. Every person who has taken this trip is enthusiastic regarding the many beautiful sights and scenes visited. On this riding trip will be seen mighty glaciers, their surface lit up and flecked with many hues in the sunlight, and charming cascades, their waters



Views from the Summit Lake Camp



THE CHALLENGE  
OF THE MOUNTAINS



Upper Camp in Yoho Valley



Lower Camp, Yoho Valley

leaping, in a filmy thread-like line, 800 feet or more. Thick woods shut out the summit of the pass, but part asunder to grant a glimpse of Summit Lake, a stretch of water 1,800 feet above Emerald Lake.

The Canadian Rockies excel all other places for a camping trip, because there is so much to see that is interesting, novel and exhilarating. Blest, indeed, are those that can get away from the turmoil of the city and spend some time among these matchless mountains and see Nature in all her grandeur of towering peaks and glistening glacier, wild and weird canyons,



## THE CHALLENGE OF THE MOUNTAINS



Pack Train in Yoho Valley

picturesque mountain lakes and tarns, spacious valleys and enchanting streams. The camps in the Yoho Valley are models of comfort.



Wapta Glacier, Yoho Valley



## THE CHALLENGE OF THE MOUNTAINS



Twin Falls, Yoho Valley

glee as they go, and their milk-white flood smiles delightfully through the dark evergreens around. Further up the valley on the left branch of the forked stream are the Twin Falls, an almost unique phenomenon and as beautiful as it is unexpected.

The excellent camps and good trails of the Yoho Valley make this one of the most delightful mountain rides in America.

But there is sterner scenery than any the waterfalls present along the Yoho Valley. A great glacier, too, far larger even than the famous Illecillewaet Glacier of the Selkirks, overhangs the right-hand fork of the valley. The Wapta Glacier, as it is named, is part of the great Waputekh ice field guarded by Mount Gordon, Mount Balfour and the broken crags of Trolltinderne (The Elfin's Crown).

At the fork of the Yoho Valley another shelter has been provided for visitors and there are many who will take advantage of it. The trip round the valley from Emerald Lake can be made in a day.

The return to Field may be varied by crossing the Burgess Pass, which is unquestionably one of the finest mountain rides in the world and should be taken by every lover of mountain scenery. From this lofty trail Emerald Lake is seen thousands of feet below, with the Emerald Range rising beyond, while on the other hand Mounts Cathedral, Stephen and Dennis and the Ottertail Range excite admiration. From this eminence a zig-zag path leads down by easy stages to Mount Stephen House.

A short distance from Emerald Lake and Look-out Point is reached, where a superb view of the celebrated Takakkaw Falls, the highest cataract in America, is obtained. Eight times as high as Niagara (1,200 feet), it compares with anything in the Yosemite Valley.

All up the valley other cascades are seen or heard. The hills are crowned with glaciers and the water melted from them seeks the shortest way to the valley, even at the cost of a plunge of hundreds of feet. Perhaps the most fascinating of them are the Laughing Falls. Their leap is only 200 feet, but their waters seem to laugh with

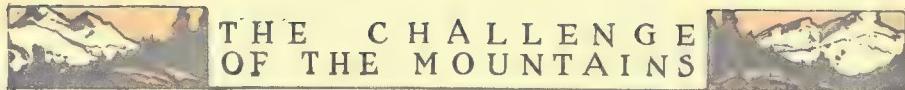


NESTLING in a niche of the narrow valley a few rods from the railway, and surrounded by the beautiful evergreen trees that everywhere thrive in this region, is a charming hotel, the Glacier House, which has become so popular that the Canadian Pacific Railway Company has found it necessary to enlarge the original structure, and erect new buildings. General Hamilton wrote in the guests' book at the hotel: "My wife and I have travelled for nearly forty years all over the world, and are both agreed the scenery at Glacier House is the finest we have seen in Europe, Asia, Africa or America."

First to attract the tourist is the Great Glacier of the Selkirks, which crowds its tremendous head down the mountain gorge, within thirty minutes' walk of the hotel. At the left Sir Donald rears his mighty peak more than a mile and a half above the railway. A mountain rivulet rushes down



Glacier House, B. C.  
Canadian Pacific Hotel System



## THE CHALLENGE OF THE MOUNTAINS



Entrance to Ice Cave in Great Glacier.

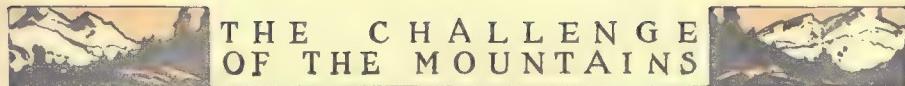
telescope commanding a view of the great glacier and surrounding objects. As one alights here a feeling of restfulness comes over him. Everything conspires to a feeling that all the cares and rush of the business world are shut out by the great mountain. The trees, the streams, and even the mountains speak of peace and quiet.

The Great Glacier is nearly two miles from the hotel, but among such gigantic surroundings looks much nearer. It is the centre of a group of glaciers embracing more than one hundred and fifty-seven square miles, and the hoary head seen from the hotel is one

the abruptly rocky sides of the mountain opposite the hotel, and a trail has been cut up the steep incline to a spot beside the rushing stream where a rustic summer house has been erected. The effect is novel and pleasing. The waters from this stream have been utilized to supply the hotel and fountains that play in the foreground. All the streams here are simply ice water from the glaciers. A tower has been erected near the annex of the hotel, on which is a large



Riding Party at Glacier, B. C.



## THE CHALLENGE OF THE MOUNTAINS

of several outlets. The great ice peaks and glaciers are truly an interesting study. They intensify the gloomy thick clouds, and burst into glittering silver when the sun shines on them. Later they are robed in the gorgeous colors of the evening; and in the mysterious silent night the moon and the stars look down to see their faces in the glassy surface.

The Illecillewaet Glacier, like nearly every other observed glacier in the world, is receding. It is reckoned that the sun drives it back on the average 35 feet a year, and recovers this much from the bonds of ice. However, after the ice is gone, the moraine remains, and it will be many centuries before the great rocks carried down by the glacier are reduced to dust, and the land thus reclaimed supports renewed vegetation.



Looking out of the Ice Cave in the Great Glacier



Marion Lake, near Glacier, B. C.



## THE CHALLENGE OF THE MOUNTAINS

From Glacier House other expeditions of great interest may be made. One trail leads first to the shores of Marion Lake, 1,750 feet above, and two miles distant from the hotel, where a shelter is erected. Splendid views are obtained on the way of the range from Eagle Peak to Sir Donald, and a path strikes off for Observation Point, where another shelter is built for those who would dwell on the glories of Rogers' Pass to the northeast and the Illecillewaet Valley to the west. Mount Abbot is a day's climb, but it is an easy one, and should be undertaken by all, for from it a splendid view is obtained of the Asulkan Valley.

From Observation Point an extremely fine view is obtained, down the Illecillewaet Valley, along the precipitous sides of which the track has had to make a descent of 522 feet in seven miles. This feat taxed to the utmost the skill of the engineers, and they accomplished it by means of the famous Loops of the Selkirks, a winding course which the railway has to follow.

First, the track crosses a valley leading from Mount Bonney glacier. Then it touches for a moment the base of Ross Peak. It doubles back to the right for a mile or more and so close are the



The Great Glacier of the Selkirks, easily reached from Glacier House



## THE CHALLENGE OF THE MOUNTAINS



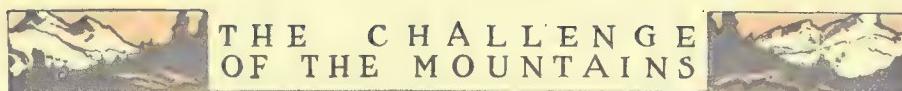
Asulkan Glacier, near Glacier, B. C.

tracks that a stone might be tossed from one to the other. Next it sweeps around and reaches the slope of Mount Cougar on the other side of the Illecillewaet, but it has to cross the stream once more before it finally finds a way parallel to the general trend of the valley. The line has made a double "S" in its course, and has cut two long gashes on the mountain side, one above the other.

Twenty-two miles from Glacier, the Illecillewaet River runs through the Albert Canyon, a gorge so marvellous that several of the regular trains stop for a few minutes to allow passengers to see its wonders.

### The Great Caves of Nakimu, near Glacier, B. C.

These great caves, which were discovered by Charles H. Deutschman, are situated about six miles from Glacier, B. C., at the head of a beautiful valley, the altitude being 1,980 feet from the track and above the snow line. The wonderful caverns are formed by the action of water for ages upon the solid rock, and are a series of chambers with large entrances, the ceilings being polished strata of rock, varying in height. The main chamber is about 200 feet in height, with a varying width of from 150 to 200



## THE CHALLENGE OF THE MOUNTAINS

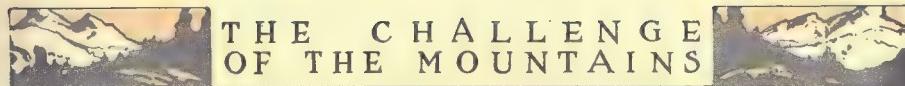


Mount Macdonald, near Glacier, B. C.

feet. The walls sparkle with the quartz crystals, and myriads of miniature lights are reflected from the darkness. In other parts the walls are smooth as marble, the harder portions of the formation showing like the rounded rafters of a cathedral dome. No evidence has so far been discovered that any portion of these caverns has ever been used as the habitation of human beings. A visit to these remarkable caves is an interesting day's trip from Glacier, as the scenery from the trail is grand beyond description.

The following tribute to the Canadian Rockies by Sir Martin Conway, one of the most noted travellers, and probably the best authority on mountains in the world, needs no comment. "The common but erroneous opinion seems to be that all mountain scenery is very much alike; as a matter of fact, there is the widest possible diversity in the character of mountain scenery in different parts of the world. Mountains, wherever you find them, have qualities of their own; there is an immense variety of type and of charm, but in all this variety of beauty of mountain scenery, there are no mountains which combine grace, and at the same time, boldness of form with forest and with water more beautifully blended than the Canadian Rockies."

What is it in these mighty peaks that draws from eighty to one hundred thousand people every summer from all parts of the



## THE CHALLENGE OF THE MOUNTAINS

world to the Canadian Rockies and implants in the heart of every one of them a desire to go again? The strange magical beauty of this region grows upon each visitor. Here seems to be left behind the hurry and unrest of the business world, and a strange content takes possession of one, and you recall the cares that fretted a few short days ago, and you smile at your folly as you look upon the sublime heights that stand unmoved by time.

The Canadian Rockies appeal strongest in the summer months, when in most American cities the sun is beating mercilessly down during the long torrid days, then "flee to the mountains" for that refreshing balm to tired minds and jaded nerves, where the exhilarating air imbues all with new life and energy.

The Canadian Rockies are also unique for their abnormally high percentage of sunny days, their corresponding minimum of rain and the entire absence of foggy or misty weather and dew. From the 1st of June to the 1st of October there is practically no rain, except passing showers of short duration, preceded and succeeded by bright sunshine.

No greater contrast is it possible for mortals to enjoy than from the city with its noisy, rushing tumult, and the smoky, dusty, hot streets, prosy stores and dwellings, where man and mammon reign, to the Canadian Rockies, with their ampiant air, blue skies, fleecy clouds, that oft obscure the giant peaks, emerald lakes and rushing streams of clear, pure water. The mountains, from time immemorial, have always been an inspiration to man's kind to higher thoughts, where he is impressed with the magnitude of the works of Nature and the insignificance of the works of man, and inspired to higher ideals and loftier purposes in life. They speak not of the frivolous, gay and fleeting, but of strength, majesty, power and permanence.

Everywhere in the mountains the visitor finds himself in strange surroundings, and over all stand the majestic snow-tipped peaks, ever extending a challenge to the new-comer to scale the granite barrier and view a new world, with its endless combinations



Marmot or Whistler, near Caves of Nakimu



## THE CHALLENGE OF THE MOUNTAINS



Camping in Canadian Rocky Mountains

of light and shade, parks and passes and gorges, always pervaded by a clear electric atmosphere, which is a revelation to persons accustomed to living in the close, damp air of the lower altitudes.

These mountain fastnesses will ever remain a game preserve for the grizzly, cinnamon and black bears, the mountain sheep (big horn), the mountain goat, the puma or mountain lion, the moose, elk, caribou, and various species of smaller deer, wolverine, and a great variety of smaller fur-bearing animals and a vast natural park, where man can find Nature as it passes from the great Creator, untarnished by the hand of man. Succeeding generations of the children of men will gaze upon these majestic mountains, whose peaks of eternal ice tower above the clouds that would hide the sun; and will look with awe at the wild canyons

and mountain torrents; and will behold with ecstasy the many scenes of Edenic beauty, too sacred to remain in the gaze of the multitude, but "sought out of all those who have pleasure therein."



Sicamous Hotel, Sicamous Jct.  
Canadian Pacific Hotel System



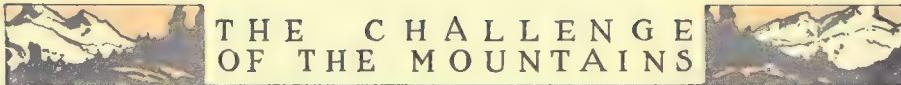
REVELSTOKE is an important centre; from it there is water communication with the rich Kootenay and Boundary districts. It is on the Columbia River, which has made a great bend since the train crossed it at Donald and flowing now south instead of north, is much increased in size. Twenty-eight miles below Revelstoke it expands into the Arrow Lakes, at Arrowhead, and from there well-appointed Canadian Pacific Railway steamboats carry travellers to Nakusp and Robson



Kootenay Trout



Revelstoke, the Kootenay Gateway



## THE CHALLENGE OF THE MOUNTAINS



Columbia River, near Revelstoke

that plies down the lake to Slocan City. Here again the rails begin and communicate with Robson at the end of the Lower Arrow on the west, and with Nelson on an arm of Kootenay Lake on the east.

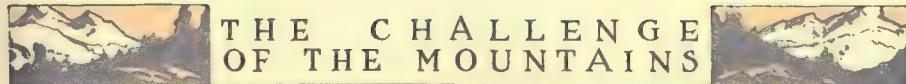
The Arrow Lakes steamer has also come the full length from Robson, 165 miles through splendid mountain scenery, while from Robson trains run over a short but important line to Trail and Rossland, through one of the richest mining regions in the world. Yet

from which the Slocan, Kootenay, Boundary and Rossland districts are reached.

Down the Arrow Lakes the steamer plies to Nakusp and Robson, passing near the head of the lakes, the famous Halcyon Hot Springs. This is a favorite summer resort, having a good hotel, while opposite is Halcyon Peak, 10,400 feet high, and several fine waterfalls. A spur of the Canadian Pacific Railway connects it with Sandon on Slocan Lake; in the centre of the silver-lead district, and with Rosebery, to join the steamer



Scenery and Fishing in the Kootenay are unsurpassed



## THE CHALLENGE OF THE MOUNTAINS

another branch from Robson has been constructed through the Boundary district to Midway and opens up another prosperous mining locality.

The Crows Nest Branch of the Canadian Pacific Railway ends at Kootenay Landing, and from there to Nelson there is communication by Canadian Pacific Railway steamer. At Proctor near Nelson, the Canadian Pacific are erecting a hotel for tourists as this district has great natural beauty. A steamboat line has been established from Nelson up Kootenay Lake to Lardo, whence an isolated branch of railway runs thirty-two miles north to Gerrard, and a steamer plies across Trout Lake to Trout Lake City, a matter of seventeen miles, so that every part of Southern British Columbia may be visited. This is a charming country which is growing each season in popularity, attracting, by its many charms of lake and mountain, tourists who love the fertile stretches in the beautiful valleys with their nestling fruit farms and the presence of population and industry.

Nelson, the chief city in the Kootenay district, is situated at an altitude of 1,760 feet above the sea level and on the south shore of a splendid stretch of water. It is a charming city to visit and has many attractions, including excellent rainbow trout fishing to offer to anglers.

The Kootenay District has not only singular beauty of its own, but it is also attaining a splendid reputation as a fruit-growing section. Around Nelson is produced splendid apples, plums, cherries and small fruits in large quantities of delicious flavor. The climate is much milder than in the Canadian Rockies to the north, and the soil is apparently ideal for fruit culture.

Many tourists are now taking the Kootenay trip as an alternative route to the Pacific Coast and thus seeing Canada's mountains under varying conditions, as the Kootenay has not the rugged grandeur of the Canadian Rockies, but a different fascinating beauty of valley, lake and mountain that appeals because of its varied general attractiveness. Few districts so well repay a visit.

At Yale is felt the balmy air of the Pacific. At Spence's Bridge is a curious Indian



Fishing in the Kootenay



## THE CHALLENGE OF THE MOUNTAINS

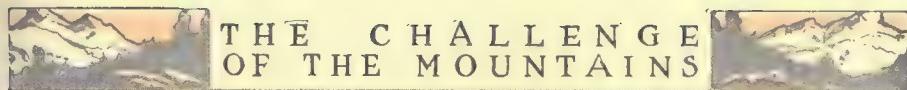
cemetery. At Agassiz is a fine Government experimental fruit farm, while five miles away to the north is Harrison Lake, a beautiful spot, with its hot sulphur springs, the visitors to which will find good accommodation at Harrison Springs Hotel.

At Mission Junction the branch line runs to the international boundary and there joins the Northern Pacific Railroad. By this route Seattle is reached and connections with the Shasta route for San Francisco and all the Pacific States. The main line, however, keeps on past Westminster Junction (where a branch line leads to Westminster), and arrives at the terminus of the Canadian Pacific Railway at Vancouver.

Vancouver, on the shores of Burrard Inlet, is the largest city in British Columbia and has one of the finest harbors on the Pacific. The many attractions of Vancouver and the splendid service of the Canadian Pacific Railway Hotel Vancouver offer many inducements to visit the numerous points of interest from here. The Canadian Pacific Railway Company's Empresses transport passengers swiftly and comfortably to Japan or China, the Canadian-Australian line runs regularly to Honolulu, Fiji, Australia and New Zealand; while if such long journeys are not desired take a Canadian Pacific Railway steamer to Victoria on Vancouver



Yale, B. C.



## THE CHALLENGE OF THE MOUNTAINS

Island, or the attractive coasting trip to British Columbia points and Alaska.

A few hours' steam from Vancouver is Victoria, the capital of British Columbia. Across the Straits of Georgia daily ply the Canadian Pacific Railway steamers "Princess Victoria" and "Princess Charlotte," of the Vancouver, Victoria, Seattle service, passing through an archipelago of small islands, comparable to the Thousand Islands of the St. Lawrence, though with infinitely finer timber.

The inland waterways connecting with Burrard Inlet afford splendid facilities for short excursion trips to nearby camping grounds and pleasure resorts. Across the Inlet, close to the City of North Vancouver, are fishing streams, mountain trails, and splendid roadways leading to scenic features of remarkable beauty.

Victoria itself is a city of lovely homes and the seat of the Provincial Government, its Parliament building being one of the handsomest edifices on the continent. This city is of singular beauty and has a population of over 30,000. The magnificent Empress Hotel, the latest addition to the splendid Canadian Pacific Hotel System, overlooks the harbor, and for situation and appointments is acknowledged to be one of the finest hotels on the Pacific Coast. Beacon Hill Park, 300 acres in extent, is no less beautiful than Stanley Park of Vancouver. Numerous other attractions are offered to visitors, including splendid drives, golf and other sports.



Hotel Vancouver  
Canadian Pacific Hotel System



## THE CHALLENGE OF THE MOUNTAINS



On the Beach at English Bay, Vancouver, B. C.

The Parliament Building at Victoria is acknowledged to be one of the handsomest and most imposing structures on the continent. It is one of the first sights to catch the visitor's eye as he enters the harbour of Victoria. It stands amid spacious and beautifully kept lawns, the vivid green of which testifies to the mildness of the climate.

In the Parliament Buildings there are three distinct Museums, namely in the Agricultural Department, the Mines Department, and in a wing solely devoted to this purpose, there is what is known as the Provincial Museum. This latter contains a most interesting collection of British Columbia fossils, Indian curios and specimens of natural history, and it is said by experts to be one of the most perfect collections of its kind in America.

The Esquimalt and Nanaimo Railway from Victoria has some very interesting scenery to offer tourists as well as excellent fishing and hunting resorts.

From Victoria connections can be made by steamers with all parts of the world.



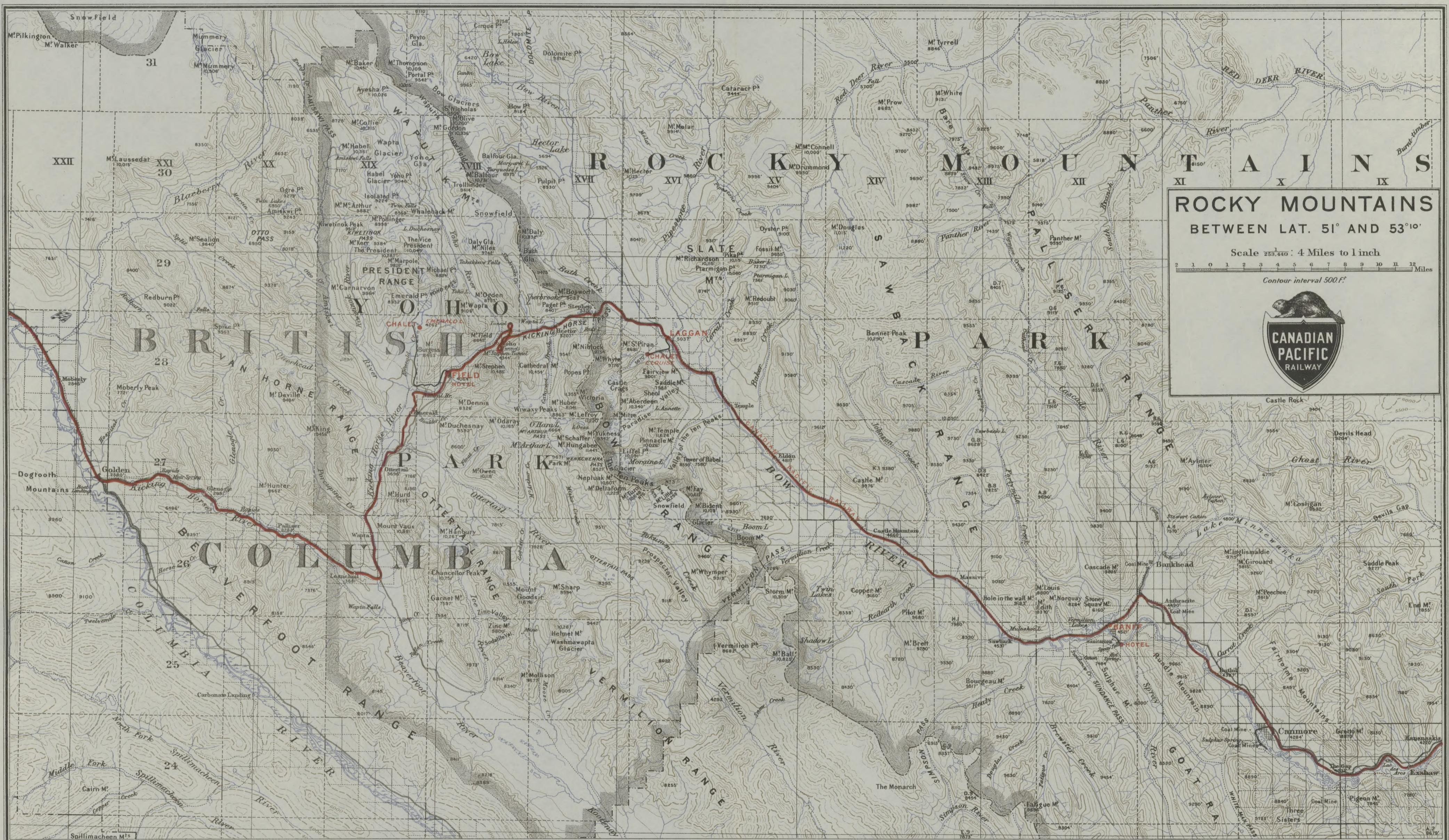
S.S. Princess Charlotte in Victoria Harbour and Empress Hotel

# ROCKY MOUNTAINS

BETWEEN LAT. 51° AND 53° 10'

Scale 253,440 : 4 Miles to 1 inch

Contour interval 500 ft.





# Canadian Pacific Railway

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